



WELLNESS

60 Main Street
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YOGA STUDIOS

- **Laughing River Yoga** offers a variety of yoga styles including Vinyasa, Kripalu, Jivamukti, Kirtan, Yin, Restorative, Vajra, Gentle, YogaDance, and more in a light-filled studio with a beautiful view of the Winooski River.
- Non-profit, donation-based **Sangha Studio** has been awarded the Best Studio of Vermont for both 2018 and 2019 and focuses on making yoga accessible for all.
- **Burlington Yoga** provides traditional teachings of Hatha Yoga, Vinyasa Flow styles, and Restorative Yoga in a variety of levels.
- **Sukha Yoga** is a family run yoga studio offering Bhakti, Hatha, Vinyasa, Yin, Restorative, Yoga Nidra, Mantra, and Kirtan.

CBD

- **There is a flourishing CBD industry in Burlington that numerous consumers use for its many health benefits, including relief of anxiety, depression, and pain.**
- **Monarch & the Milkweed** serves whimsical handmade confections infused with full-spectrum CBD.
- **David Glass Chocolates** sells gourmet, handmade truffles with 100% hemp-derived CBD.
- **Magic Mann Café** offers delicious CBD-infused candy, beverages, and meals, all made in-house.

SPAS

- **Spa at The Essex** is the only full-service, freestanding spa in the Burlington area, offering luxury products and services for a high-end spa experience.
- **Jivana Green Spa and Salon** offers unique massage therapies in a “green” spa environment located right in the Church Street Marketplace.
- Awarded Vermont’s Best Day Spa annually from 2015-2019, **Oasis Day Spa** is a top-tier spot for relaxing massages, soothing aromatherapy, rejuvenating facials, spa manicures & pedicures, and other professional salon services.



BEAUTY

- **Ursa Major** is a clean skincare company that produces forest-infused, adventure-inspired essentials with a commitment to making a positive impact on people and the planet.
- Recipient of major beauty awards, **Tata Harper Skincare** offers upscale, non-toxic skincare and cosmetic products.

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